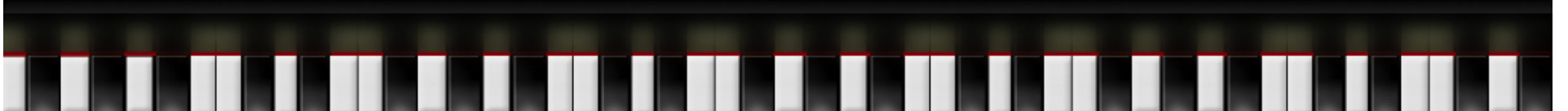


# Zentangle



# What is Zentangle ??

Also known as zendoodle..... It is a controlled doodle or a doodle contained within a predefined framework that is focused on creativity. Artists use a repetition of marks to create patterns, thus developing an overall design or zendoodle.

“The term 'Zentangle' was coined by Maria Thomas and Rick Roberts. Maria is a graphic artist who doodled a lot and one day realized that her doodles were putting her into a state of meditation (or zen). The couple decided to explore the concept in more detail and Zentangles were born.”

<http://www.zentangle.com/index.php>

Often these are done as black and white drawings, but aren't limited to only black and white. Artists usually use some type of writing pen to create these controlled marks.



# Why Zentangle?

- Relaxing
  - Helps develop creativity
  - Relieve or reduces stress
  - Improve eye/hand coordination
  - Develop/rehabilitate fine motor skills
  - Therapy
  - Stimulates both right and left brain functions
- EVERYONE CAN DO IT! – IT'S EASY!



# Learning Targets / Competencies: :

- # The artist completed a doodle sample pattern handout filling in every box with tiny doodle designs.
- # The artist created a final 9x12 zentangle drawing using all space creatively, having no more than 1 inch x 1 inch of white or color in one area.
- # Creativity: The artist used a min of 10 different textured patterned combinations within each drawing.
- # Craftsmanship: The artist used a steady hand to draw each doodle skillfully. Pencil sketch lines were erased, showing only ink or marker for the final drawings.
- # The artist critiqued their final projects on their blog including all writing information and photos.

